

? ds

Set	Items	Description
S1	19337	BROWN(S) SUGAR OR TURBINADO OR RAW(W) SUGAR
S2	2756442	MEASURE OR MEASURED OR MEASUREMENT OR MEASURING OR MEASURES OR PREMEASURED
S3	300069	CUP OR CUPS OR TABLESPOON? OR TEASPOON?
S4	770894	PACKED OR COMPRESS? OR (FIRMLY(W) PACK?)
S5	32259	VOLUME(8N) WEIGHT OR (CUP? OR TEASPOON? OR TABLESPOON?) (10N-) (G OR GRAM OR GRAMS OR OUNCE OR OUNCES OR POUND?)
S6	4919860	PACKAG? OR PACKET? OR POUCH? OR BAG OR BAGS OR CONTAINER?
S7	24515	FREEFLOW? OR (FREE(W) FLOW?)
S8	1920	S1(S) S4
S9	1886	S1(10N) S4
S10	113	S6(S) S9
S11	0	S10(S) S7
S12	99	S10(S) (S2 OR S3 OR S5)
S13	2129	S1(S) S6
S14	321	S13(S) (S2 OR S3 OR S5)
S15	0	S14(S) S7
S16	321	S12 OR S14
S17	258	RD (unique items)

? t s17/9/252,213,191,118,90,43,251,245,240,182,168,155

Set	Items	Description
S1	19337	BROWN(S) SUGAR OR TURBINADO OR RAW(W) SUGAR
S2	2756442	MEASURE OR MEASURED OR MEASUREMENT OR MEASURING OR MEASURES OR PREMEASURED
S3	300069	CUP OR CUPS OR TABLESPOON? OR TEASPOON?
S4	770894	PACKED OR COMPRESS? OR (FIRMLY(W) PACK?)
S5	32259	VOLUME(8N)WEIGHT OR (CUP? OR TEASPOON? OR TABLESPOON?) (10N-) (G OR GRAM OR GRAMS OR OUNCE OR OUNCES OR POUND?)
S6	4919860	PACKAG? OR PACKET? OR POUCH? OR BAG OR BAGS OR CONTAINER?
S7	24515	FREEFLOW? OR (FREE(W) FLOW?)
?		

2/9/5 (Item 3 from file: 148)
DIALOG(R)File 148:Gale Group Trade & Industry DB
(c)2003 The Gale Group. All rts. reserv.

05538680 SUPPLIER NUMBER: 11509451 (THIS IS THE FULL TEXT)
Autumn is pumpkin season. (Preparing Food) (includes recipes)
Reader, Elaine
Supermarket Business, v46, n10, p75(2)
Oct, 1991
ISSN: 0196-5700 LANGUAGE: ENGLISH RECORD TYPE: FULLTEXT
WORD COUNT: 1805 LINE COUNT: 00133

TEXT:

AUTUMN IS pumpkin SEASON

Here are some great ideas for "wowing" your customers, with great seasonal recipe ideas for soups, sauces & entrees

It's pumpkin time. The great Jack "O" is back with a smile, a wink or scary mien; the patron pumpkin of Halloween trick or treat has returned to his post.

But the fact is, he's much more versatile than we give him credit for. Beyond decoration, beyond Halloween, beyond pumpkin pie, Jack is available for recipe development.

Fresh or canned pumpkin can be put to good use both before and after, as well as during, the holiday season. And what ingredient could be more accessible? Canned pumpkin is available all year round as a staple, an inexpensive staple with a very long shelf life.

A Healthy Ingredient

It's also pure and nutritious. The ingredients label on a can of solid-pack pumpkin is very short. The ingredients: pumpkin. One cup of pumpkin puree contains about 80 calories, and is rich in fiber and Vitamin A. One 29-ounce can of pumpkin (about three cups) will produce about three batches of the sauce included in the recipe at right for braised pork. It can also be turned into soups, sauces and many other savory entree items.

Pumpkin puree is not naturally sweet; it has a mild flavor that perks up when sweeteners such as sugar, honey, or syrup are added. The taste we all attribute to pumpkin pie comes with pumpkin puree. Take those ingredients away, and the plain puree has a life of its own. Marry it with other flavors to produce interesting combinations that may or may not be sweetened. The dense viscosity of pumpkin puree makes it useful in food preparation. It will instantly 'grab' a soup or sauce, imparting a creamy consistency without the cream, flour or starch. Ask your customers if they wouldn't mind a delicious cream soup, a stew, casserole or pasta...without the cream, calories, and cholesterol associated with rich, creamy foods. And ask your personnel if they wouldn't mind working with a non-perishable ingredient that won't break down in the display case, and is "easy as pie" to work with in recipes.

Don't Eat Jack O' Lantern

Of course, we're not talking about literally cooking and eating your Jack O'Lantern. Our friend Jack is a hybrid pumpkin developed for its huge seed pocket and thin flesh. The Sugar Pie Pumpkin, a smaller, sweeter and fleshier variety, is the one used for cooking and pie-making.

If you want to make your own puree, it's easy enough to do; preparing puree from fresh pumpkins is time-consuming, not complicated. Pumpkins are cut in half or into chunks; seeds and fibrous material are removed; and the flesh is baked in a moderate oven until tender--up to an hour and a half. The cooked flesh is then mashed or pureed in a food processor.

If the pulp is watery, it has to be drained in a colander. Since one

pound of raw pumpkin yields only one cup of puree, we can appreciate the work that manufacturers do for us.

Think Creatively

As a convenience product for creating entrees and appetizers instead of desserts, we can all expand our horizons. As a simple way to start, whip up a batch of sweet or savory pumpkin butter, and use it over breads, biscuits or breakfast foods, or to flavor vegetables or poultry. Add puree to salad oil or nut oil and marinate duck, turkey or chicken. Make a glaze with roasted or rotisserie drippings, a pumpkin-flavored stock and other ingredients for a beautifully textured sauce or topping.

Fresh pumpkin, butternut squash, acorn squash, and the like are vivid and intensely flavorful. Chunks of cooked squash meld wonderfully in combination with the puree. Butternut or acorn would make welcome additions to many dishes--the attached Pork Braised in Pumpkin, and Pumpkin Risotto, Pork, Black Bean and Pumpkin Stew, Squash Casserole and Harvest Stew are among my recommendations. Most members of the squash family retain their nutrients and fine flavor when baked instead of steamed or boiled. Butternut squash boats, or acorn halves or rings are superb candidates for takeout single-serving vegetables or side dishes. And if you want to serve the best pumpkin soup or pie around, use solid-pack puree and a variety of winter squashes in your recipe.

New Taste: Pumpkin Pasta

Leave it to the Italians to create pumpkin pasta, or pumpkin seed pesto. Freshly made pumpkin ravioli and tortellini have become available in some markets. I prepare it with a fresh basil pesto, with a pumpkin seed pesto, or with pumpkin sauce which may or may not contain a bit of ground turkey or veal. A combination of tomato sauce, stock and pumpkin puree makes the base for any number of variations your customers will find delightfully different. Pumpkin-flavored meat sauce, ricotta and Parmesan cheese will put an interesting spin on lasagna offered casserole-style or rolled for individual or family-size portioning.

If you're cooking turkeys for customers who want something seasonal yet really different, baste the bird with maple and pumpkin-flavored butter and prepare a nut stuffing. New side dishes? Pumpkin and Walnut Puree, Pumpkin & Zucchini Gratin, Whipped Pumpkin Potatoes, Pumpkin Polenta and ... let your imagination and creativity run wild!

PORK BRAISED IN PUMPKIN SAUCE

Ingredients: 4 lbs. boneless pork loin, cut in 2-inch chunks flour for dredging 1/2 cup olive oil 1 cup applejack 2 oz. garlic (6-8 cloves) 1 tbl. dry sage 1/2 cup parsley, minced 1 quart rich chicken stock 2 cups crushed tomato puree 1 cup pumpkin puree (solid pack, canned natural pumpkin) 3 tbl. "brownulated" sugar (pourable brown sugar) 1 tbl. coa

2/9/2 (Item 1 from file: 16)
DIALOG(R) File 16:Gale Group PROMT(R)
(c) 2003 The Gale Group. All rts. reserv.

07611704 Supplier Number: 61759563 (THIS IS THE FULLTEXT)
Domino Specialty Ingredients. (Brief Article) (Statistical Data Included)
Prepared Foods, v169, n3, p83
March, 2000
ISSN: 0747-2536

Language: English Record Type: Fulltext
Article Type: Brief Article; Statistical Data Included
Document Type: Magazine/Journal; Trade
Word Count: 375

TEXT:

The Domino(R) brand is synonymous with sugar for many people. But sugar is just the beginning of our deep involvement with food formulation. Our line of Specialty Ingredients is well-known industry wide and is incorporated into many of the most innovative food products in the marketplace today.

We offer a broad line of ingredients with new functionalities that can lead to more efficient processing, to better tasting, improved food products and to new food concepts. Our line-up of specialty ingredients products includes:

Qwik-Flo(R) products are natural, free-flowing aggregates. They are instantly soluble, blend homogeneously and are non-hygroscopic. Just a few of their uses are cookie, bread and cake mixes, cereals, seasoning blends, dried soups and variety bread mixes. Key varieties offered are:

Honey Granules: Made with pure honey which delivers the natural flavor and color of honey.

Maple Flavored Granules: Contain 15% pure maple syrup which delivers a natural flavor and color of maple syrup.

Molasses Granules: Made with cane molasses which delivers the natural rich flavor of molasses. Available in light and dark.

Envision(R) Flavor and Texture Modifier can be used as a bulking agent and sweetness controller in fat-free or lowfat products. It can be a freezing point depressant in frozen desserts and a preservative in fruit pie fillings. Envision(R) uses co-crystallization technology to provide functionality, while allowing more control of sweetness.

Brownulated(R) Brown Sugar is free-flowing brown sugar that is resistant to caking. It facilitates automatic batching and provides color. And, it provides rapid wet-out in cold water, enhances texture, modifies and extends other flavors. Excellent for use in cake, cookie and spice mixes, icings, bakery toppings and as a flavor carrier. It's available in powder and granulated form.

In addition, Domino(R) Specialty Ingredients offers a full line of fondant sugars, such as Amerfond(R) Fondant Sugar, Redi-Fond(R) Fondant Sugar, and Set & Match(R) Icing Sugar, as well as a variety of specialty sugars.

17/9/43 (Item 12 from file: 47)
DIALOG(R)File 47:Gale Group Magazine DB(TM)
(c) 2003 The Gale group. All rts. reserv.

05521350 SUPPLIER NUMBER: 57815332 (THIS IS THE FULL TEXT)
Diabetic holiday treats.(dessert recipe excerpts)
Freese, Betsy
Successful Farming, 97, 12, 66
Nov, 1999
ISSN: 0039-4432 LANGUAGE: English RECORD TYPE: Fulltext
WORD COUNT: 1176 LINE COUNT: 00091

TEXT:

Don't lower the taste when you lower the sugar and fat
If you or a loved one has diabetes, there is no reason not to enjoy great tasting food this holiday season. In years past, people with diabetes were expected to follow a strict diet regimen. Today, experts know there is no need for special foods or "diabetic" food products. You don't have to make special holiday treats for yourself or someone in your family who has diabetes. Everyone can enjoy these delicious recipes chosen from the Better Homes and Gardens New Diabetic Cookbook (see ordering instructions on the next page). These recipes and others from the book focus on healthy and tasty foods for the whole family. Happy Holidays!

Pear-Cherry Crisp

5 cups thinly sliced, peeled, ripe pears
1/3 cup dried tart cherries, cranberries or blueberries
2 tablespoons honey
1 teaspoon finely shredded lemon peel
1/2 cup regular rolled oats
3 **tablespoons brown sugar, plus 3 packets**
heat-stable **sugar substitute (or 1/3 cup packed**
brown sugar)

3 tablespoons all-purpose flour
1/4 teaspoon ground ginger
2 tablespoons butter or margarine
1/2 cup vanilla or lemon fat-free yogurt with sweetener

Step 1: For filling, in a bowl toss together the pears; cherries, cranberries or blueberries; honey; and lemon peel. Spoon into a 2-quart square baking dish.

Step 2: For topping, in a medium bowl stir together the oats, brown sugar plus sugar substitute or brown sugar, flour and ginger. Cut in butter or margarine until crumbly. Sprinkle topping over the filling.

Step 3: Bake in a 375 (degrees) oven about 35 minutes or until the pears are tender. Serve with yogurt. Makes 6 servings.

Nutrition facts per serving: 231 calories, 5 g fat (2 g saturated fat), 0 mg cholesterol, 54 mg sodium, 47 g carbohydrate, 4 g fiber and 3 g protein. Daily Value: 7% vit. A, 9% vit. C, 3% calcium and 6% iron.

Cranberry Tart

1 cup cranberries
1/4 cup sugar
1 tablespoon orange juice
1 8-ounce package light cream cheese
1/4 cup sugar
1 egg
1 egg white
1 teaspoon vanilla
Butter-flavored nonstick spray coating

4 sheets frozen phyllo dough, thawed
1 ounce white chocolate, melted (optional)

Step 1: In a small saucepan combine the cranberries, 1/4 cup sugar and the orange juice. Cook, uncovered, over medium heat until the cranberries pop and the mixture thickens slightly, stirring frequently. Set aside.

Step 2: In a food processor bowl combine the cream cheese, 1/4 cup sugar, the egg, egg white and vanilla. Process until smooth, scraping the side of bowl as necessary. Set aside.

Step 3: Spray a 9-inch tart pan or pie plate with nonstick coating. Spray 1 phyllo sheet with nonstick coating. Fold the sheet in half crosswise to form a rectangle (about 13x9 inches). Gently press the folded sheet of phyllo into the prepared tart pan, allowing ends to extend over edge of pan. Spray with nonstick coating. Spray and fold another sheet of phyllo; place across first sheet in a crisscross fashion. Spray with nonstick coating. Repeat with remaining 2 sheets of phyllo. (If desired, turn under edges of phyllo to form a crust.) Bake in a 350 (degrees) oven for 5 minutes.

Step 4: Spoon the cream cheese mixture into the phyllo crust, spreading evenly. Spoon the cranberry mixture over the cream cheese mixture. Use a knife to marble mixture slightly.

Step 5: Bake 20 to 25 minutes or until phyllo is lightly browned and filling is set. Let cool on a wire rack for 1 hour. Cover and chill 4 to 24 hours. If desired, before serving, drizzle edges of phyllo with melted white chocolate. Makes 10 servings.

Nutrition facts per serving: 192 calories, 7 g fat (4 g saturated fat), 40 mg cholesterol, 142 mg sodium, 18 g carbohydrate, 1 g fiber and 4 g protein.

Daily Value: 8% vit. A, 3% vit. C, 2% calcium and 2% iron.

Pumpkin-Maple Pie

1 recipe Lower-Fat Oil Pastry

1 15-ounce can pumpkin

1/3 cup maple-flavored syrup

1 tablespoon all-purpose flour

2 packets heat-stable sugar substitute

1 1/2 teaspoons pumpkin pie spice (or 1/2 teaspoon ground cinnamon,

1/4 teaspoon ground ginger, 1/4 teaspoon ground allspice, and 1/8 teaspoon ground nutmeg)

3/4 cup refrigerated or frozen egg product, thawed

1 cup evaporated fat-free milk

1 1/2 teaspoons vanilla

Frozen light whipped dessert topping, thawed (optional)

Step 1: Prepare Lower-Fat Oil Pastry.

Step 2: On a lightly floured surface, flatten pastry. Roll into a 12-inch circle. Wrap pastry circle around the rolling pin; unroll into a 9-inch pie plate. Ease pastry into pan, being careful not to stretch pastry. Trim to 1/2 inch beyond edge of pie plate. Fold under extra pastry. Crimp the edge as desired. Do not prick pastry.

Step 3: For the filling, in a medium bowl combine the pumpkin, maple-flavored syrup, flour, sugar substitute and pumpkin pie spice; add egg product.

Step 4: Beat mixture lightly with a rotary beater or fork until just combined. Gradually stir in evaporated milk and vanilla; mix well.

Step 5: Place pastry-lined pie plate on oven rack. Carefully pour filling into pastry shell. To prevent overbrowning, cover edge of pie with foil. Bake in a 375 (degrees) oven for 25 minutes. Remove the foil. Bake 20 to 25 minutes more or until a knife inserted near the center comes out clean. Cool on a wire rack. Cover and refrigerate within 2 hours. If desired, serve with dessert topping. Makes 8 servings.

Lower-Fat Oil Pastry: In a medium bowl, stir together 1 1/4 cups all-purpose flour and 1/4 teaspoon salt. Combine 1/4 cup fat-free milk and 3 tablespoons cooking oil; add all at once to flour mixture. Stir with a fork until dough forms. If necessary, add 1 to 2 teaspoons additional milk. Shape the dough into a ball.

Nutrition facts per serving: 206 calories, 6 g fat (1 g sat. fat), 1 mg cholesterol, 141 mg sodium, 32 g carbohydrate, 2 g fiber and 7 g protein. Daily Value: 132% vit. A, 4% vit. C, 10% calcium and 14% iron.

To order the book

Indicate the book title, your name and address, and send \$24.95 for each book ordered to the following address:

Better Homes and Gardens(R) Books

Diabetic Offer

P.O. Box 132

Des Moines, IA 50301-0132

Price includes postage and handling, plus state and local taxes, if applicable. Allow 6 to 8 weeks for delivery.

Tested for you

These recipes were tested by the same food authorities who approve all recipes for Better Homes and Gardens(R) magazine, a sister publication of Successful Farming. Questions about our recipes should be sent to:

SF Food Editor

1716 Locust Street/LN422

Des Moines, IA 50309-3023

Fax: 515/284-3127

E-mail: bfreese@mdp.com

COPYRIGHT 1999 Meredith Corporation

DESCRIPTORS: Better Homes and Gardens New Diabetic Cookbook (Book)--
Excerpts; Desserts--Menus and recipes
GEOGRAPHIC CODES/NAMES: 1USA United States
FILE SEGMENT: MI File 47

17/9/90 (Item 59 from file: 47)
DIALOG(R)File 47:Gale Group Magazine DB(TM)
(c) 2003 The Gale group. All rts. reserv.

03725672 SUPPLIER NUMBER: 12132291 (THIS IS THE FULL TEXT)
Cooking with your kids. (includes recipes)
Holderness, Lisa
Better Homes and Gardens, v70, n5, p133(10)
May, 1992
CODEN: BHGHA ISSN: 0006-0151 LANGUAGE: ENGLISH RECORD TYPE:
FULLTEXT; ABSTRACT
WORD COUNT: 4304 LINE COUNT: 00308

ABSTRACT: Cooking helps children to learn skills and creativity. Young children can start with simple recipes, and older children can put together a family meal. Recipes that are geared towards children's likes and abilities are included.

TEXT:

Round up your kids for a great time in the kitchen. Hands-on cooking lets them learn basic skills while being creative. Young chefs can do a stir-together snack dip; older ones can make a family dinner featuring turkey cutlets. An extra benefit: children proudly eat what they fix, even vegetables. To get started, take some cues from Linda Ives-Welch, a West Coast chef and mom. Her recipes and tips (see page 142) will help you and your kids enjoy cooking together.

CRUNCHY PARMESAN TURKEY

1/4 cup seasoned fine dry bread
crumbs 1/4 cup toasted wheat germ 1/4 cup grated Parmesan cheese 1
Tbsp. sesame seed or 1/4 tsp.
dried Italian seasoning,
crushed 1 egg 1/4 tsp. seasoned salt or
1/4 tsp. each of salt and
pepper 4 turkey breast slices, cut 1/4 to
1/2 inch thick (about 1 lb.) 1 Tbsp. olive oil or cooking oil 1
recipe Honey-Mustard Sauce

(optional) * For the turkey coating, in a plastic bag combine bread crumbs, wheat germ, Parmesan cheese, and sesame seed or Italian seasoning. Close the bag and shake to combine. * In a small, shallow bowl crack egg. Beat with a fork to combine. Stir in the seasoned salt or salt and pepper. * With a ruler, measure the thickness of each piece of turkey. Dip one piece of turkey into the egg mixture, covering completely. Next, place the egg-coated piece in the bread crumb mixture in the bag. Hold the bag closed at the top and gently shake the bag to coat the piece thoroughly with crumb mixture. Remove meat from bag. Repeat with remaining turkey, egg mixture, and crumb mixture. * In a 10-inch skillet heat oil over medium heat for 1 to 2 minutes or just till hot. Using tongs, carefully add each piece of turkey to the skillet. For 1/4-inch-thick pieces of turkey, cook for 2 minutes (for 1/2-inch-thick turkey pieces, cook for 3 minutes). * With a spatula, * flip over turkey pieces. Cook 1/4-inch-thick pieces for 1 to 2 minutes more (for 1/2-inch-thick pieces, cook for 3 to 4 minutes more) or till turkey is no longer pink inside.** (To check doneness, use a sharp knife to cut a small slit in the center of a couple pieces and check the color). With spatula, remove turkey to serving platter. Serve with Honey-Mustard Sauce, if you like. Makes 4 main-dish servings.

Honey-Mustard Sauce. In a small bowl stir together 2 tablespoons honey and 1 tablespoon prepared mustard. * Cook's tip: For recipes calling

for a spatula, use the sturdy plastic or metal type that you would use for flipping pancakes or burgers. (This is different from the flexible, rubber spatula used in baking.) ** Cook's tip. If the turkey pieces start to brown too quickly and you think they might burn, turn down the heat to medium-low. If pieces start sticking to the pan, carefully add more oil, a teaspoon at a time.

Nutrition information per serving: 253 cal., 11 g fat, 108 mg chol., 29 g pro., 9 g carbo., 0 g fiber, 304 mg sodium.

PIZZA-STYLE VEGETABLES

4 small zucchini and/or yellow
summer squash 1 mil onion 1 dove garlic 1 Tbsp. olive oil or cooking
oil 1/2 tsp. dried Italian seasoning,
crushed 1 14 1/2-oz. can Italian-style
stewed tomatoes 1/2 cup shredded mozzarella
cheese (2 oz.) 1/4 cup shredded or grated

Parmesan cheese * Wash squash under cold running water, using a vegetable brush to clean outer skin. With a sharp knife, slice zucchini and/or summer squash into 1/2-inch thick slices. You should have about 2 2/3 cups. * To slice the onion, cut a small slice off one end of the onion. Peel the outer, paperlike skin from the onion. Starting at the cut end, cut the onion into 1/4-inch-thick slices and separate each slice into rings. With a garlic press or a sharp knife, mince the garlic clove (mincing means to chop into tiny pieces). * In an 8-inch skillet heat the oil over medium-high heat for 1 to 2 minutes or just till hot. Add zucchini and/or summer squash, onion, garlic, and Italian seasoning. Cook, uncovered, over medium-high heat for 5 minutes. While cooking, use a wooden spoon to stir vegetables occasionally so they don't burn. * With a large spoon, carefully add undrained stewed tomatoes to the skillet. Cover skillet. Cook over medium-low heat about 3 minutes or till zucchini and/or summer squash is crisp tender. * Spoon vegetable mixture onto 4 dinner plates. * Sprinkle some of the mozzarella and Parmesan cheeses on top of the vegetable mixture on each plate. Makes 4 side-dish servings. * Cook's tip: "Crisp-tender" means the vegetables should be cooked just till slightly soft. Vegetables taste best when they still have a slight crispness. They also have more vitamins than those cooked till very soft.

Nutrition information per serving: 146 cal., 8 g fat, 13 mg chol., 8 g pro., 13 g carbo., 1 g fiber, 447 mg sodium. RDA: 29% calcium, 15% vit. A, 32% vit. C, 11% riboflavin.

WHOLE WHEAT ZOO ROLLS

Follow our directions (see the box at right) to make the zoo shapes pictured on page 134. Or, create your own wild and crazy shapes--

1 16-oz. loaf frozen honey wheat
or whole wheat bread dough
1 egg white
1 Tbsp. milk Sesame seed (optional) * Thaw bread dough in the bag either overnight in the refrigerator or for 2 hours at room temperature (see package directions). * Using kitchen scissors, divide the thawed bread dough into 12 equal portions (each portion should make 1 zoo-shape roll). See the box, at right, for directions on shaping the dough into zoo shapes. Lightly grease 2 baking sheets. * When all the rolls are shaped on the greased baking sheets, cover the rolls lightly with a kitchen towel. Let the rolls rise* in a warm place (away from cool drafts) till they are nearly double in size (this will take 30 to 35 minutes). If your oven has 2 racks, adjust so that both racks are positioned in the middle of the oven. Pre-heat the oven to 350 [degrees]. * In a small bowl use a fork to stir together the egg white and milk. With a pastry brush, gently brush the tops of the dough shapes with egg white mixture. Sprinkle with sesame seed, if you like. * Bake in the preheated 350 [degrees] oven about 20 minutes or till golden on top (if your oven only has one rack, place 1 pan of rolls,

covered, in the refrigerator till the other pan is done baking). Use hot pads to remove the baking sheet from the oven. With a spatula, transfer rolls to a wire rack. Let cool slightly. Makes 12 rolls. * Cook's tip: What is the magical ingredient that makes bread rise? The answer is yeast. This is a tiny organism that eats the sugar and starch in the dough. It then produces air bubbles, which causes the dough to expand and rise.

Nutrition information per roll: 96 cal., 2 g fat 0 mg chol., 4 g pro., 17 g carbo., 4 g fiber, 161 mg sodium RDA: 12% thiamine, 10% niacin.

COOKIES-AND-CREAM PARFAITS

Whipping the cream is half the fun but, to save time, you can substitute 1 cup thawed frozen whipped dessert topping for the whipping cream, vanilla, and the 1 tablespoon sugar--

1 cup whipping cream

1 Tbsp. sugar

1 tsp. vanilla

2 cups fresh strawberries

2 Tbsp. sugar

6 chocolate sandwich cookies Chocolate sandwich cookies

(optional for garnish) * Place a deep medium mixer bowl and beaters in refrigerator 5 minutes. * To the chilled mixer bowl add whipping cream, the 1 tablespoon sugar, and vanilla. Beat with the chilled beaters of an electric mixer on medium speed till the whipped cream thickens slightly and forms soft peaks. * Set aside. * Gently wash berries under cool, running water and pat dry with paper towels. Using your forefinger and thumb or a small knife, remove the green stems from the strawberries. Place the berries in a medium mixing bowl. With a potato masher, pastry blender, or fork, mash the berries into a chunky sauce. Stir in the 2 tablespoons sugar. Set aside. * To crush the cookies, place them in a sturdy, sealable plastic bag. Push all the air out of the bag and seal. Roll a rolling pin over the bag to crush cookies into small pieces. * You'll need 4 to 6 dessert dishes. Place a spoonful of crushed cookies in each dish. Top with a couple of spoonfuls of the whipped cream mixture, spreading it smoothly over the cookies. * Top with half the mashed berries. * Top with another layer of whipped cream mixture, reserving about 1/3 cup. Sprinkle the remaining crushed cookies atop. Spoon on the remaining mashed berries. Spoon the reserved whipped cream mixture atop. Garnish with a whole cookie, if you like. Serve immediately. Makes 4 to 6 parfaits. * Cook's tip: To check for soft peaks, watch the cream while beating. When it starts to thicken, turn the mixer off and lift the beaters. The cream will form tips that curl when it's ready.

Nutrition information per parfait: 340 cal., 26 g fat, 82 mg chol., 2 g pro., 27 g carbo., 2 g fiber, and 118 mg sodium.

MEXICAN BREAKFAST TORTILLAS

4 brown-and-serve sausage links 6 eggs 1/8 tsp. salt 1/8 tsp. pepper 1 Tbsp. margarine or butter 4 6-inch flour tortillas 3/4 cup (about 3 oz.) shredded

Monterey Jack or cheddar

cheese Salsa (optional) Peeled avocado slices (optional) * With a sharp, small knife, cut each sausage link down the middle lengthwise, ending up with 2 long pieces. In an 8-inch skillet cook halved sausage links over medium heat for 4 to 5 minutes or till brown, turning often with tongs. Remove pan from heat. With tongs, carefully remove sausages from pan. Drain on layers of paper towels. * Crack the eggs into a large mixing bowl*. Add the salt and pepper. With a wire whisk or fork, beat the mixture till yolks and whites are combined. Preheat the oven to 350 [degrees]. * Add margarine or butter to the same skillet used to cook the sausages. Cook over medium heat till margarine or butter is melted and bubbly. * Slowly pour egg mixture into the skillet. Cook 1 minute without stirring. Cook 4 minutes more or till eggs are firm but still moist and shiny, stirring

often. Remove pan from heat. * Lightly grease a baking sheet. Lay tortillas out flat on the baking sheet. Spoon some of the eggs onto half of each tortilla. Place two cooked sausage halves on top of the eggs on each tortilla. Top each with cheese. Fold the empty half of the tortilla over filling. Stick a toothpick through the top of each tortilla to keep the tortilla from flapping open while baking. * Bake in the preheated 350 [degrees] oven for 8 to 10 minutes till the cheese is melted. Cut each filled tortilla into quarters (for easier eating). Remove toothpicks. Serve with salsa and avocado slices, if you like. Serves 4. * Cook's tip. To crack the eggs, tap each whole egg gently with a table knife around the middle till it starts to crack. Working over a large mixing bowl, pull the eggshell halves apart and let the egg fall into the bowl. Remove any pieces of eggshell that may have fallen into the bowl.

Nutrition information per serving: 360 cal, 23 g fat, 349 mg chol., 20 g pro., 19 g carbo., 1 g fiber, 476 mg sodium.

HOMEMADE GRANOLA

If you like, you can substitute 3/4 cup slivered almonds for the coconut. Add the slivered almonds when you add the wheat germ-- 2 1/2 cups rolled oats 1 cup flaked or shredded

coconut 1/2 cup shelled sunflower seeds 1/4 cup sesame seed 1/4 cup margarine or butter 1/4 cup packed* brown sugar 1/4 cup honey 1 1/2 tsp. vanilla 1/2 cup toasted wheat germ 1 cup raisins Milk (optional) Fresh strawberries, halved

(optional) * Preheat oven to 300 [degrees]. Lightly butter or grease the inside of a large roasting pan. Add oatmeal, coconut, sunflower seeds, and sesame seed; spread evenly. Bake for 20 minutes in a 300 [degrees] oven, stirring several times. * While the oatmeal mixture is baking, in a small saucepan add margarine or butter, **brown sugar**, and honey.

Cook, stirring constantly, over medium heat till margarine or butter is melted and mixture is combined. Remove from heat. Stir in vanilla. * Using hot pads, remove roasting pan from the oven; place on a wire cooling rack. Increase oven temperature to 350 [degrees]. Add wheat germ to the oatmeal mixture. Pour warm **brown sugar** mixture over oatmeal mixture.

With a fork or spatula, stir the oatmeal mixture till it is thoroughly coated with **brown sugar** mixture. Bake 5 minutes more. Remove pan from oven; place on a wire cooling rack. * Stir raisins into oatmeal mixture. With a spatula, firmly press down the granola in the pan, making an even layer. Bake for 5 to 10 minutes more or till golden **brown**.

Remove pan from oven and place on a wire cooling rack. With a spatula, remove the granola from the pan (mixture will be crumbly). Spread out the pieces on a large piece of foil. Cool completely. * Store in an airtight **container** for up to 2 weeks. For breakfast, serve granola with milk and strawberries. Or, eat granola by the handful as a snack. Makes about 7 **cups**. * Cook's tip: **Brown sugar** sometimes clumps, so you need to **measure** it differently than other sugars. Pack it into the dry **measuring cup** with your fingers or the back of a spoon, pressing it down as you go. Add **brown sugar** till it is level with the top of the **measuring cup**. When you dump out the **brown sugar**, it should hold the **cup's** shape.

Nutrition information per 1/2-cup serving: 233 cal, 11 g fat, 0 mg chol., 5 g pro., 32 g carbo., 1 g fiber, 55 mg sodium. RDA: 12% iron, 20% thiamine

17/9/155 (Item 11 from file: 141)
DIALOG(R)File 141:Readers Guide
(c) 2003 The HW Wilson Co. All rts. reserv.

04255283 H.W. WILSON RECORD NUMBER: BRGA00005283 (THIS IS THE FULLTEXT)
Prime-time portabellas.
Baker, Andrew.
Sunset (National edition) v. 204 no2 (Feb. 2000) p. 158-9
DOCUMENT TYPE: Recipe
SPECIAL FEATURES: il ISSN: 0039-5404
LANGUAGE: English
COUNTRY OF PUBLICATION: United States
RECORD TYPE: Abstract; Fulltext RECORD STATUS: New record
WORD COUNT: 1019

ABSTRACT: Recipes for dishes containing portabella mushrooms.

TEXT:

There's a reason so many restaurants offer portabella "burgers" these days--the giant mushrooms taste deceptively meaty, with a rich flavor and succulent texture that mimic tender beef steaks.

Truth is, portabellas are nothing more than common brown (crimini) mushrooms that have been allowed to reach adulthood and picked when their caps are 4 to 5 inches wide. Past their prime, they become too woody.

Portabellas are sold whole (with stems), as caps (with stems trimmed), and sliced. Caps are the most practical choice for these recipes. Oven-roasting is a quick way to cook them, plain or filled.

WARM LENTIL SALAD WITH PORTABELLAS
PREP AND COOK TIME: About 30 minutes

NOTES: Chef Daniel Patterson served this dish at Babette's, his former restaurant in Sonoma, California. Currently, he is at Restaurant Elisabeth Daniel in San Francisco. Beluga lentils, a small, black variety, are grown in Montana; hulled Red Chiefs come from the Northwest.

MAKES: 4 servings

- 1/2 cup minced shallots or onion
- 1 teaspoon olive or salad oil
- 1 cup beluga or Red Chief lentils
- 3 cups fat-skimmed chicken broth
- 2 teaspoons fresh thyme leaves or dried thyme
- 4 portabella mushroom caps (5 in. wide)
- 3/4 cup mayonnaise
- 3/4 teaspoon minced or pressed garlic
- 4 teaspoons lemon juice
- 1/2 teaspoon grated lemon peel
- 4 cups (about 1/4 lb. total) lightly packed rinsed and crisped frisee or salad mix
- Salt and pepper

1. In a 2- to 3-quart pan over medium-high heat, stir shallots in oil until limp, about 3 minutes. Add lentils, broth, and thyme. Bring to a boil, cover, reduce heat, and simmer just until lentils are tender to bite,

about 25 minutes (6 to 8 minutes for red lentils). Drain lentils; save liquid for other uses.

2. Meanwhile, trim off discolored mushroom stem ends; rinse caps well. Ovenroast mushroom caps (recipe follows).

3. In a small bowl, mix mayonnaise, garlic, lemon juice, and lemon peel.

4. Thinly slice mushroom caps. Mound frisee equally on plates; top equally with lentils, then mushroom slices. Spoon about 1 tablespoon garlic-mayonnaise mixture onto each salad. Season salads to taste with remaining garlic mayonnaise, salt, and pepper.

Per serving: 553 cal., 57[percent] (315 cal.) from fat; 24 g protein; 35 g fat (5.2 g sat.); 40 g carbo (8 g fiber); 318 mg sodium; 24 mg chol.

Oven-roasted portabellas. Set mushroom caps, gill side up, in a single layer in a lightly oiled 10- by 15-inch pan. Bake in a 400[degree] oven until caps are flexible enough to bend easily, about 12 minutes (about 9 minutes in a convection oven).

Per cap: 37 cal., 7.3[percent] (2.7 cal.) from fat; 3.5 g protein; 0.3 g fat (0 g sat.); 7.2 g carbo (2.1 g fiber); 8.5 mg sodium; 0 mg chol.

TERIYAKI PORTABELLA STEAKS WITH NOODLE SLAW

PREP AND COOK TIME: About 30 minutes

MAKES: 4 servings

- 1 **package** (about 3 3/4 oz.) cellophane noodles (mai fun, or rice sticks)
- 4 portabella mushroom caps (5 in. wide)
- 1/2 **cup** low-sodium soy sauce
- 1/4 **cup** dry sherry
- 1 **tablespoon** Asian (toasted) sesame oil
- 1 **tablespoon** firmly packed brown sugar
- 2 **teaspoons** minced fresh ginger
- 1 **teaspoon** minced or pressed garlic
- 6 **tablespoons** seasoned rice vinegar
- 3/4 **cup** shredded carrots
- 2 **cups** thinly sliced radicchio
- About 1/2 **cup** fresh cilantro leaves

1. Place noodles in a large bowl and add 1 quart boiling water. Stir to separate noodles and let stand until tender to bite, about 10 minutes. Drain well. Return noodles to bowl.

2. Meanwhile, trim off discolored mushroom stem ends; rinse caps well. In a heavy plastic food bag, mix soy sauce, sherry, sesame oil, brown sugar, ginger, and garlic. Add mushrooms, seal bag, and turn over to mix. Let stand 10 to 20 minutes, turning over several times.

3. Lift mushrooms from bag and save marinade. Oven-roast mushroom caps (recipe on page 158).

4. To noodles, add rice vinegar, carrots, radicchio, and 1/2 cup cilantro leaves. Add about 2 tablespoons reserved soy marinade, or to taste. Mix well.

5. Spoon noodle slaw equally into wide bowls. Thinly slice mushroom caps and arrange equally on portions. Garnish with additional cilantro leaves.

Per serving: 194 cal., 10[percent] (20 cal.) from fat; 4.3 g protein; 2.2 g fat (0.3 g sat.); 40 g carbo (2.8 g fiber); 1,039 mg sodium; 0 mg chol.

SHRIMP-STUFFED PORTABELLAS ON TOMATO POLENTA
PREP AND COOK TIME: About 25 minutes

MAKES: 4 servings

- 4 portabella mushroom caps
(5 in. wide)
- Salad oil
- 3/4 pound shelled cooked tiny
shrimp, rinsed
- 1/3 cup finely chopped green onions
- 2 tablespoons mayonnaise
- 1 cup shredded chili-flavor jack
cheese
- 4 1/2 cups fat-skimmed chicken broth
- 1 cup instant polenta
- 1/4 cup finely chopped drained oil-
packed dried tomatoes
- Salt

1. Trim off mushroom stems flush with caps. Rinse caps well; place gill side up in a lightly oiled 10- by 15-inch pan.

2. In a bowl, mix shrimp, green onions, mayonnaise, and cheese. Spoon shrimp mixture equally into mushroom caps.

3. Bake in a 400[degree] oven until cheese is melted and mushrooms are flexible when pressed, about 12 minutes.

4. Meanwhile, in a 3- to 4-quart pan, combine broth, polenta, and tomatoes. Stir over high heat until boiling, then reduce heat to low. Stir often until polenta is very smooth to taste, about 3 minutes.

5. Spoon polenta equally into wide bowls. Set a stuffed mushroom on each portion. Add salt to taste.

Per serving: 605 cal., 27[percent] (162 cal.) from fat; 44 g protein; 18 g fat (6.1 g sat.); 66 g carbo (10 g fiber); 571 mg sodium; 200 mg chol.

Added material

ROASTED MUSHROOMS and black beluga lentils make salad a main dish.

TUCKER & HOSSLER

17/9/168 (Item 24 from file: 141)
DIALOG(R)File 141:Readers Guide
(c) 2003 The HW Wilson Co. All rts. reserv.

03258497 H.W. WILSON RECORD NUMBER: BRGA96008497 (THIS IS THE FULLTEXT)
Everything you need to know for the perfect holiday sweets.
Anusasananan, Linda Lau.; Baker, Andrew.; Hale, Christine W.
Sunset (National edition) (Sunset (Natl ed)) v. 195 (Dec. '95) p. 100-4
DOCUMENT TYPE: Recipe
SPECIAL FEATURES: il ISSN: 0039-5404
LANGUAGE: English
COUNTRY OF PUBLICATION: United States
RECORD TYPE: Abstract; Fulltext RECORD STATUS: Corrected or revised
record
WORD COUNT: 2350

ABSTRACT: Cookie recipes for perfect holiday sweets.

TEXT:

DECEMBER SKEWS THE BAKING curve dramatically. Even if you never bake during the rest of the year, the urge to make cookies swells. But occasionally even the simplest cookies go wrong. Often you don't have enough time. And sometimes you want a cookie that doesn't look like all the others.

Where to start?

Questions you may have about cookies are apt to be answered in the Why? section of this guide (page 104). When you're pressed for time, bar cookies fill the bill, and a superb version follows. When you want cookies that create murmurs of admiration before they disappear, our pine nut pralines are the answer.

A PINE NUT WAFER THAT'S ELEGANT, VERSATILE

These delicate caramelized pine nut wafers, when hot from the oven, are flexible enough to fold and shape like pieces of paper. As they cool, they become rigid and hold their new form. Consequently, this single cookie is a one-man show in four acts--when all the various shapes and fillings are presented together. Unadorned, the shiny wafers are handsome on their own. As sandwiches, the cookies cling together with a filling of spicy dark chocolate or white chocolate studded with dried cranberries. The cones hold a whipped cream filling.

PRALINE WAFERS

Cooking time: About 5 minutes for batter, 7 minutes per pan

Prep time: About 15 minutes

Notes: Measure batter exactly to get uniform-size cookies. Store cookies in rigid, airtight containers, separating layers with plastic wrap to prevent sticking and breakage. Hold at room temperature up to 1 week; freeze to store longer.

Makes: 30 cookies

About 1/4 cup (1/8 lb.) butter or
margarine

1/4 cup each light corn syrup and firmly
packed brown sugar

About 1/4 cup all-purpose flour

1/4 cup pine nuts

1. In a 1- to 2-quart pan, melt 1/4 cup butter over low heat. Add corn syrup and brown sugar. Stir over high heat until boiling. Remove pan from heat, and stir in 1/4 cup flour until smooth. Mix in nuts.

2. Coat 12- by 15-inch nonstick baking sheets (they must be flat, not warped) with a nonstick cooking spray or additional butter, then lightly flour pans. For each cookie, place 1 level teaspoon batter on the baking sheet, allowing about 3 inches between cookies.

3. Bake in a 350[degree] oven until cookies are evenly colored a rich golden brown, 5 to 7 minutes. If using 2 pans in 1 oven, alternate positions at half-time.

4. Let cookies cool on pan until they firm slightly, 1 1/2 to 2 minutes. To test, slide a thin spatula under an edge. If the cookie is stretchy, wait just a few seconds longer. When cookies are barely firm, slide a spatula under them carefully and transfer to racks to cool in a single layer. If cookies stick to pan, return to oven until they soften slightly, then remove from pan.

5. As soon as cookies cool, package airtight.

Per cookie: 39 cal., 54[percent] (21 cal.) from fat; 0.4 g protein; 2.3 g fat (1.1 g sat.); 4.8 g carbo.; 20 mg sodium; 4.3 mg chol.

PRALINE SANDWICHES

Cooking time: About 10 minutes, plus 7 minutes per pan

Prep time: About 15 minutes to assemble, 30 minutes for fillings to cool

Notes: 1 batch of filling--chili chocolate or white-chocolate cranberry--makes sandwiches of 1 batch of cookies. Fill cookies when baked, or store plain cookies and fill when convenient.

Makes: 15 sandwiches

1. Make the praline wafers, preceding.

2. Turn 1/2 the cookies flat (bottom) side up on a sheet of waxed paper.

3. Gently swirl about 1 1/2 teaspoons filling (choices follow) onto each inverted cookie and immediately sandwich the flat side of another cookie against it.

4. Let stand until chocolate is slightly set and cool, about 30 minutes.

5. Because these cookies are particularly prone to picking up moisture from the air (getting stick and soft), package airtight in rigid containers if you do not serve them at once.

Chili chocolate filling. Melt (in a microwave oven or over very low heat) 1 cup chopped bittersweet or semisweet chocolate, stirring until smooth. Add 1/8 to 1/4 teaspoon cayenne to taste--enough for a faint touch of heat. Use warm.

Per sandwich: 134 cal., 57[percent] (77 cal.) from fat; 1.6 g protein; 8.5 g fat (4.3 g sat.); 16 g carbo.; 41 mg sodium; 8.6 mg chol.

White-chocolate cranberry filling. Melt (in a microwave oven or over hot water) 1 cup chopped white chocolate, stirring until smooth. Add 2 tablespoons minced dried cranberries, and stir to mix. Use warm.

Per sandwich: 142 cal., 51[percent] (72 cal.) from fat; 1.5 g protein; 8 g fat (4.2 g sat.); 17 g carbo.; 51 mg sodium; 8.6 mg chol.

CREAM-FILLED PRALINE CONES

Cooking time: About 40 minutes

Prep time: 30 to 40 minutes to assemble, shape, and fill

Notes: Shape cookies while still pliable on cone-shaped pastry forms,

available at cookware shops. Or make cones 3 to 4 inches long, using lightweight cardboard, then wrap cones with foil.

Makes: 30 cookies

1. Make the praline wafers, preceding, but bake only 4 to 6 cookies at a time.

2. Shape each cookie around a cone, holding briefly until cookie is rigid--almost at once. Slip cookie from form and set on rack to cool. Repeat to bake and shape remaining cookies, warming as directed if they get hard. As soon as cookies are cool, store airtight as directed.

3. Up to 1 day before serving, beat 1 1/2 cups whipping cream until it holds distinct peaks. Fold in 1/3 cup chopped bittersweet or semisweet chocolate, 3 tablespoons powdered sugar, and 1 tablespoon finely shredded orange peel. Spoon mixture into a pastry bag with a 3/4-inch plain tip. Cover and chill until cold, at least 15 minutes.

4. Up to 1 hour before serving, pipe cream filling into cones. If desired, garnish cream with additional shredded orange peel and/or chopped chocolate. Serve, or cover and chill airtight no longer than 1 hour.

Per cookie: 86 cal., 69[percent] (59 cal.) from fat; 0.8 g protein; 6.6 g fat (3.7 g sat.); 7 g carbo.; 24 mg sodium; 18 mg chol.

A SIMPLE, BUT NOT DULL, FRUIT BAR WITH ICING

With a few strokes of a knife, one cookie becomes dozens. This alone, from the cook's perspective, could explain the popularity of bar cookies. But there's more to be told. Bar cookies can be firm and crisp, or cakelike. They can be plain and simple, or seasoned with a sophisticated hand like these tender apricot bars moistened with apricot syrup--with or without brandy. Because you can have the cookies mixed and baked in considerably less than an hour, they just might make the right gift to bring by the painful to a family, by the plateful to a single friend, or to pull out of the oven when carolers pause for refreshments.

BRANDIED APRICOT BARS

Cooking time: About 20 minutes

Prep time: About 20 minutes

Makes: 3 dozen cookies

- 1 cup (1/2 lb.) butter or margarine
- 1 cup granulated sugar
- 1/2 cup firmly packed brown sugar
- 4 large eggs
- 1 tablespoon grated orange peel
- 1 tablespoon vanilla
- 1 1/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 2 cups chopped dried apricots
- 1 cup golden raisins
- 1/4 cup apricot-flavor brandy or
liqueur, or orange juice
- 7 teaspoons lemon juice
- 2/3 cup powdered sugar

1. In a large bowl, beat butter, 1/2 cup granulated sugar, and the brown sugar with a mixer until fluffy. Beat in eggs, 1 at a time, mixing well after each addition. Beat in orange peel and vanilla.

2. In another bowl, mix flour, baking powder, soda, and cinnamon.

Stir into butter mixture along with apricots and raisins.

3. Pour batter into a lightly buttered 10- by 15-inch pan. Bake at 350[degree] until cookie is browned and center springs back when lightly pressed, about 20 minutes.

4. Apricot syrup. While cookie bakes, combine remaining 1/2 cup granulated sugar, brandy, and 3 teaspoons lemon juice in a 1- to 1 1/2-quart pan. Bring mixture to a boil over high heat. Remove from heat, and when cookie comes from the oven, spoon warm apricot syrup evenly over it. Let cookie cool, then cut into 3 dozen equal pieces and leave in pan.

5. Lemon icing. Mix remaining lemon juice and powdered sugar until smooth. Drizzle or pipe icing over the cookies, then remove cookies from pan.

6. Serve, or store cookies airtight up to 2 days; freeze to store longer.

Per piece: 148 cal., 35[percent] (52 cal.) from fat; 1.6 g protein; 5.8 g fat (3.4 g sat.); 23 g carbo.; 94 mg sodium; 38 mg chol.

SEEKING THE PERFECT CHOCOLATE CHIP COOKIE

Turning the classic chocolate chip cookie into one that's thick and chewy or thin and crisp takes only subtle recipe manipulations. In fact, these changes often happen by accident. But when you know what makes the cookie work, you can get exactly what you want.

THICK, SOFT, AND CHEWY CHOCOLATE CHIP COOKIES

Cooking time: About 7 minutes per pan

Prep time: About 10 minutes

Makes: About 18 cookies

- 1 1/4 **cups** all-purpose flour
- 1/2 **teaspoon** baking soda
- 1/4 **teaspoon** salt
- 1/2 **cup** (1/4 lb.) butter or margarine, at room temperature
- 3/4 **cup firmly packed brown sugar**
- 1/2 **teaspoon** vanilla
- 1 large egg
- 1 **package** (6 oz.) or 1 **cup** semisweet chocolate chips
- 1/2 **cup** chopped nuts (optional)

1. Mix flour, baking soda, and salt.
2. Beat butter, sugar, and vanilla with a mixer on medium speed until well blended. Beat in egg, mixing well. Add flour mixture, and beat slowly to incorporate, then beat to blend well. Stir in chocolate chips and nuts.
3. Drop batter in 2-tablespoon portions about 2 inches apart on baking sheets.
4. Bake in a 400[degree] oven until edges of cookies are brown but an area about 1 inch wide in the center is still pale, 6 to 7 minutes. If using 2 pans in 1 oven, switch positions at half-time.
5. Let cookies cool on pan about 5 minutes, then transfer to racks with a spatula. Serve warm or cool. Store airtight up to 8 hours, or freeze for longer storage.

Per cookie: 160 cal., 46[percent] (73 cal.) from fat; 1.7 g protein; 8.1 g fat (4.8 g sat.); 22 g carbo.; 124 mg sodium; 26 mg chol.

THIN, CRISP CHOCOLATE CHIP COOKIES

Cooking time: About 20 minutes per pan

Prep time: About 10 minutes

Makes: About 32 cookies

1 cup all-purpose flour
3/4 teaspoon baking soda
1/4 teaspoon salt
1/2 cup (1/4 lb.) melted butter or
margarine
1/2 cup firmly packed brown sugar
1/3 cup granulated sugar
1/2 teaspoon vanilla
1 package (6 oz.) or 1 cup
semisweet chocolate chips
1/2 cup chopped nuts (optional)

1. Mix flour, baking soda, and salt.
 2. With a mixer on medium speed, beat butter, brown sugar, granulated sugar, 3 tablespoons water, and vanilla until blended. Stir flour mixture into butter mixture, then beat until blended. Stir in chocolate chips and nuts.
 3. Drop batter in 1-tablespoon portions about 2 inches apart on baking sheets.
 4. Bake in a 300[degree] oven until an even golden brown, 18 to 20 minutes. If using 2 pans in 1 oven, switch places at half-time.
 5. Let cookies cool on pan about 3 minutes, then transfer to racks with a spatula. Serve warm or cool. Store airtight up to 1 day, or freeze for longer storage.
- Per cookie: 86 cal., 47[percent] (40 cal.) from fat; 0.6 g protein; 4.4 g fat (2.6 g sat.); 12 g carbo.; 77 mg sodium; 7.8 mg chol.

THIN, CRISP, AND CHEWY CHOCOLATE CHIP COOKIES

Make thin, crisp chocolate chip cookies, preceding, baking until edges of cookies are browned but an area about 1 inch wide in the center is still pale, about 14 minutes.

Per cookie: 86 cal., 47[percent] (40 cal.) from fat; 0.6 g protein; 4.4 g fat (2.6 g sat.); 12 g carbo.; 77 mg sodium; 7.8 mg chol.

THICK, CRUNCHY CHOCOLATE CHIP COOKIES

Make thin, crisp chocolate chip cookies, preceding, increasing butter to 2/3 cup and omitting water.

Dough will be dry and crumbly; pinch into 1-tablespoon-size lumps. Bake cookies until they are an even golden brown, 18 to 20 minutes.

Per cookie: 94 cal., 51[percent] (48 cal.) from fat; 0.7 g protein; 5.3 g fat (3.2 g sat.); 12 g carbo.; 87 mg sodium; 10 mg chol.

Added material

By Linda Lau Anusasananan,

Andrew Baker, Christine Weber Hale

PINE NUT PRALINE WAFERS (left), shaped as cones, hold whipped cream laced with chocolate chunks. The praline wafer sandwiches (right) are filled with chili-flavor chocolate or white chocolate with dried cranberries. The iced apricot bars (top) are the cookies for cooks in a rush.

WHILE WARM, praline wafers are soft enough to wrap around forms. They harden quickly. Store cookies empty; fill shortly before serving.

LITTLE CHANGES make a big difference. The chocolate chip cookie at

left is soft, thick, and chewy. With only minor ingredient adjustments, the same cookie, on the right, is thin and crisp.

DESCRIPTORS:

Christmas desserts

Recipe

17/9/251 (Item 36 from file: 484)
DIALOG(R)File 484:Periodical Abs Plustext
(c) 2003 ProQuest. All rts. reserv.

01043003 (THIS IS THE FULLTEXT)

Light Luscious Desserts

Lyone, Charlotte

Ebony (GEBO), v47 n6, p86-93, p.5

Apr 1992

ISSN: 0012-9011 JOURNAL CODE: GEBO

DOCUMENT TYPE: Recipe

LANGUAGE: English

RECORD TYPE: Fulltext; Abstract

WORD COUNT: 1515

LENGTH: Long (31+ col inches)

ABSTRACT: Several recipes for desserts, including mixed fruit with honey sesame dressing, pineapple orange ice, chilled orange souffles, very berry sorbet, bread pudding, sweet potato squares and chocolate cream pudding, are presented.

TEXT:

In an era when weight-conscious calorie counters abound, it has become common for some dieters to grudgingly just say no to those luscious and rich desserts. But, contrary to popular thought, the delicious treats that satisfy your sweet tooth don't have to be loaded with calories.

For those who are watching their weight (but don't feel that a meal is complete without dessert there are some exciting light and tasty desserts you can enjoy without having to worry about the calories.

If you are counting calories, you might want to try Lemon Cheesecake Pie or Chilled Orange Souffle to see just how tasty light desserts can be. For a more surprising effect, try Angel Food Cake With Peaches And Strawberry Puree or Kiwifruit Sorbet. Also included among our light and luscious desserts are revised recipes for some old favorites like Bread Pudding and Easy Oatmeal Cookies.

The following low-calorie dishes will allow weight-watchers to enjoy some tempting desserts that won't ruin their diets.

ANGEL FOOD CAKE WITH PEACHES AND STRAWBERRY PUREE s

4 cups sliced fresh peaches 4 cup sugar 2 cups strawberries 1 10-inch angel food cake Reduced-calorie whipped topping

Combine peaches and sugar in medium bowl; chill. Place 2 cups strawberries in workbowl of food processor fitted with steel blade. Cover and process until smooth. Slice cake into 12 equal pieces. Reserve 4 slices for later use. Spoon 1/2 cup peach slices over each remaining cake slice. Drizzle about 2 tablespoons strawberry puree on each serving.

Serve with 1 tablespoon whipped topping and garnish with strawberries if desired.

Yields 8 servings

MIXED FRUIT WITH HONEY SESAME DRESSING

2 cups strawberry halves 1 small pineapple, pared and cubed 2 kiwifruit, sliced

Mix strawberries, pineapple cubes and kiwifruit; toss with Honey Sesame Dressing Chill.

HONEY SESAME DRESSING 2 tablespoons vegetable oil 1 tablespoon fresh lemon or lime juice 1 to 2 tablespoons honey 1 teaspoon sesame seeds 1/2 teaspoon salt

Shake oil, juice, sesame seeds and salt in tightly covered container. Yields 8 servings

PINEAPPLE ORANGE ICE

1 medium ripe pineapple, cut into 1-inch pieces 1/2 cup light corn

syrup 1 teaspoon grated orange rind 2 tablespoons orange juice

Place all ingredients into blender container or food processor. Cover and blend on high speed until smooth, about 5 seconds. Pour into metal refrigerator tray or 9x5x3-inch loaf pan. Freeze until firm around edges but soft in center, about 2 hours. Spoon into blender container. Cover and blend on high speed until smooth. Pour into refrigerator tray. Freeze until firm, about 3 hours. Yields 8 servings

KIWIFRUIT SORBET

1 cup sugar 1 cup water 8 or 9 kiwifruit (about 3 ounces each) cup fresh lime juice

Combine sugar and water and bring to a boil over high heat; boil for 5 minutes. Let cool. Cut kiwifruit in half (crosswise) and carefully remove pulp from the shell. Puree pulp in food processor or blender to equal 2 cups of pureed kiwifruit. Add sugar syrup and lime juice to pureed pulp. Pour into 9-inch square baking pan; freeze for 1 hour or until mixture begins to harden. Remove partially frozen mixture from container and place into mixer bowl; beat until smooth, light and airy. Return to freezer and freeze another 2 hours or until firm enough to scoop. Serve immediately or store, covered in freezer.

Yields 8 servings

CRANBERRY-ORANGES SMOOTHIE

2 cups skim milk 1 cup low-calorie cranberry juice 2 medium bananas 1 teaspoon orange extract 4 to 9 packets Equal 12 to 16 ice cubes

Combine all ingredients in blender. Blend on high for 30 seconds or until smooth and creamy. Pour into cocktail glass and serve. Garnish with orange slices.

Yields 4 servings

VERY BERRY SORBET

2 cups fresh blueberries 1 cup fresh raspberries 1 cup fresh strawberries 1/2 cup sugar 2/3 cup water 2 tablespoons fresh orange juice 1 tablespoon lime juice 1 teaspoon grated lime rind

Combine all ingredients in 2-quart, non-aluminum saucepan. Bring to a boil; reduce heat and simmer 5 minutes.

Press mixture into a 13x9x9-inch pan and freeze until firm. Remove frozen mixture from container and place into mixer bowl; beat until smooth, light and airy. Return to pan; freeze until firm.

Yields 8 servings

LEMON CHEESECAKE PIE

CRUST: 1 cup graham cracker crumbs cup sugar 3 tablespoons canola oil

FILLING: 3 ounces Neufchatel cheese 2 cups low-fat cottage cheese 2 egg whites 1/2 cup sugar 3 tablespoons fresh lemon juice 1 teaspoon grated lemon rind 1 teaspoon vanilla extract

Heat oven to 350deg. Combine graham cracker crumbs, sugar and oil in 9-inch pie plate. Mix well with fork. Press firmly against bottom and halfway up sides of pie plate.

Blend Neufchatel and cottage cheese in food processor or blender*, until smooth. Add remaining ingredients. Blend well. Pour mixture into crust. Bake for 30 minutes. Turn off oven and allow cheesecake to remain in oven for 5 minutes. Cool, then chill. Garnish with lemon slices if desired.

Yields 8 servings

*If blender is used, place egg whites, sugar, lemon juice, lemon peel and vanilla in blender container before adding Neufchatel and cottage cheese. Blend until completely smooth, stopping blender and scraping as necessary.

CHILLED ORANGE SOUFFLES

2/3 cup sugar, divided 4 egg, separated 1/2 cup fresh orange juice 2 tablespoons margarine 1-1/2 tablespoons grated orange rind Dash salt Nonstick cooking spray 8 fresh strawberries

Combine 1/3 cup sugar, egg yolks, orange juice, margarine and orange

rind in a saucepan. Place over low heat; cook until thickened, stirring constantly with wire whisk (do not let boil). Remove from heat; stir until cooled. Beat egg whites* until foamy. Add salt; beat until soft peaks form. Add remaining 1/3 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold yolk mixture into egg white mixture.

Spoon about 4 cup into each of 8 (6-ounce) souffle cups coated with nonstick cooking spray. Bake at 250deg for 30 minutes. Remove from oven; let cool. Cover and chill. To serve, garnish with whole strawberries and mint leaves if desired.

Yields 8 servings

*Beat egg whites at room temperature for more volume.

EASY OATMEAL COOKIES

1-1/2 cups quick-cooking oats 1/2 cup sugar 3 tablespoons reduced-calorie margarine, softened 1 teaspoon vanilla extract 1/2 teaspoon baking powder 1/2 teaspoon ground cinnamon 1/4 teaspoon ground nutmeg 1/4 teaspoons salt

Heat oven to 350deg. Spray cookie sheet with nonstick cooking spray. Mix all ingredients. If necessary, press dough together. Drop dough by rounded teaspoonfuls, 2 inches apart, onto cookie sheet. Bake until tops are dry and edges are light brown, 8 to 10 minutes. Cool slightly; remove from cookie sheet. Cool completely.

Yields about 2 dozen

BREAD PUDDING

Nonstick cooking spray 2 cups skim milk 2 tablespoons instant nonfat dry milk 1/2 cup sugar 2 large egg whites whisked with 2 tablespoons liquid egg substitute 1 teaspoon vanilla extract 1 teaspoon ground cinnamon 1/2 teaspoon ground nutmeg 1/4 teaspoon salt 2 cups 1-inch stale bread cubes

Coat a 1-1/2-quart baking dish with nonstick spray; wipe lightly with paper towel and set aside. Combine all ingredients (except bread cubes) in large bowl; stir together until sugar is dissolved. Fold in bread cubes. Pour bread mixture into prepared dish and place in a separate pan; fill outside pan with hot water, 1-inch deep. Bake in a preheated 350deg oven for about 40 minutes or until knife inserted in center comes out clean. Serve warm or at room temperature.

SWEET POTATO SQUARES

2 envelopes unflavored gelatin 3/4 cup unsweetened apple juice 1/2 cup water 1 16-ounce can sweet potatoes, drained and mashed 2 tablespoons packed brown sugar 1 teaspoon vanilla extract 1/2 teaspoon ground cinnamon 1/2 teaspoon ground nutmeg 1/2 teaspoon grated orange rind 1/2 28-ounce package whipped topping mix (1 envelope) Skim milk 1/4 cup graham cracker crumbs

Sprinkle gelatin on apple juice in 1-quart saucepan to soften; add water. Heat over low heat until gelatin is dissolved, stirring constantly; remove from heat. Mix sweet potatoes, brown sugar, vanilla, cinnamon, nutmeg and orange rind in medium bowl; stir in gelatin mixture until smooth. Refrigerate until mixture mounds slightly when dropped from a spoon, stirring occasionally.

Prepare topping mix as directed on package, but use skim milk. Reserve 1/2 cup topping. Beat sweet potato mixture until smooth and light; fold remaining topping into sweet potato mixture. Sprinkle crumbs in bottom of square pan (9x9x2 inches), sprayed with nonstick cooking spray; spread sweet potato mixture in pan. Cover and refrigerate until firm, at least 2 hours. Top with remaining topping.

Yields 9 servings

CHOCOLATE CREAM PUDDING

1/4 cup cornstarch 1/4 cup unsweetened cocoa 1/2 cup sugar 1/8 teaspoon salt 3 cups skim milk 2 teaspoons vanilla extract

Sift the cornstarch, cocoa, sugar and salt into a saucepan. Gradually

add the milk, stirring until smooth. Cook over low heat, stirring constantly until thick. Add the vanilla. Pour into 6 custard cups. Chill.

Yields 6 servings

Tips for reducing calories *Substitute skim milk for whole milk. *Use nonstick cooking spray to grease pans. *Use two egg whites or one egg in recipes. *Use low fat or light products in recipes. *Reduce the amount of sugar.

Copyright Johnson Publishing Co., Inc. 1992

DESCRIPTORS: Recipes; Food; Cooking

SPECIAL FEATURES: Photograph

22/9/5 (Item 2 from file: 79)
DIALOG(R)File 79:Foods Adlibra(TM)
(c) 2002 General Mills. All rts. reserv.

201314 90110411

Brown sugar
Author(s): NA
International New Product Report, (7) (April 06, 1990), p. p 9
CODEN: INRPE9
Publication Date: 19900406
Doc Type: JOURNAL

Brown sugar: Sockerbolaget, Sweden, has introduced a
free-flowing brown sugar that does not get lumpy.

Packaging is a cardboard box with a pouring dispenser.

Descriptors: NEW PRODUCTS

?

22/9/1 (Item 1 from file: 50)
DIALOG(R)File 50:CAB Abstracts
(c) 2003 CAB International. All rts. reserv.

03371887 CAB Accession Number: 970305205
Successful packaging of different sugars.
Petzold, N.
Petzold and Company, 51 The Mall, London W5 3TA, UK.
International Sugar Journal (Cane Sugar Edition) vol. 99 (1180):
p.168-171
Publication Year: 1997
2 fig., 3 pl., also publ. in the Beet Sugar Edition --
Language: English Summary Language: spanish; french; german
Document Type: Journal article
A study is presented on the relationship between the various forms of **sugar** and the equipment which has been developed to **package** it. The different problems associated with **free-flowing** crystalline **sugar**, demerara/**turbinado** sugars, muscovado/soft **brown** sugars and icing/confectionery **sugar** are surveyed and typical modern machinery designs made by the German firm Fawema are described.

DESCRIPTORS: packaging; white sugar; soft sugar; brown sugar; powdered sugar; sugar products; equipment

CABICODES: Sugar & Sugar Refining (QQ020); Processing Equipment & Technology (NN600); Food & Feed Packaging Technology & Equipment (NN461); Physical Sciences (ZZ500)

22/9/2 (Item 1 from file: 51)
DIALOG(R)File 51:Food Sci.&Tech.Abs
(c) 2003 FSTA IFIS Publishing. All rts. reserv.

00629237 91-09-10017 SUBFILE: FSTA
Amstar Sugar Corporation's Brooklyn refinery.
Anon.
International Sugar Journal 1991 , 93 (1109) 93-94, 98
DOCUMENT TYPE: Journal Article ISSN: 0020-8841
LANGUAGE: English

Amstar **Sugar**'s Brooklyn refinery is described. The refinery processes approx. 2000 short tons of **raw sugar** per day, aided by a high degree of automation and instrumentation. Aspects of the refinery considered include: **raw sugar** warehouse; affination; filtration (lime defecation and mechanical filtration through 14 Sweetland presses); char filtration (bone char filtration to remove colour and ash); evaporation (4-body Lille evaporator); pan house; drying (by counter-current granulators) and conditioning; **packaging** and warehousing; despatch; boiler house; and the research and development laboratory (producing a **free-flowing brown sugar**, a dry mix in different flavours for the non-carbonated drink market, and speciality **sugar** products). (HAB)

DESCRIPTORS (HEADINGS): Cane sugar; Refining

GENERAL DESCRIPTORS: Purification; Sugar

SECTION HEADINGS: Sugars, syrups and starches (SC=1, 9201-present)